My Home Support Passport

A child-led page about communication, interests and what matters to me

Name (optional): _____ Date / review (optional): _____

What matters to me

My interests, strengths, favourite things, important people or ways I like to spend time:

How I communicate

I may use speech, AAC, writing, pictures, signs, gestures, pointing, objects, movement or another way:

Useful messages I may want to share

- ☐ YES
- ☐ NO
- ☐ STOP
- ☐ HELP
- ☐ NOT SURE
- ☐ NOT NOW
- ☐ BREAK
- ☐ PAIN / HURT
- ☐ SOMETHING ELSE

Please wait

Time I may need before I can respond:

Please check

A helpful way to check you understood me:

A good way to include me

I might like to join in, watch, listen, play alongside, have space or choose another way:

When I Need Support

A family guide to noticing, listening and making a helpful adjustment

Name (optional): _____ Date / review (optional): _____

What grown-ups might notice

My own signals that I may need support (these can change from day to day):

What might be making things harder

A change, sound, light, tiredness, hunger, pain, demand, uncertainty or something else:

Things that may help me

- ☐ QUIET
- ☐ SPACE
- ☐ MORE TIME
- ☐ BREAK
- ☐ MOVEMENT
- ☐ HELP
- ☐ LOWER DEMANDS
- ☐ SOMETHING ELSE

Please do

Keep my communication available, use fewer words, wait, offer a real choice, or:

Please avoid

Things that may make it harder for me (only if I want to record them):

After I have had support

I may need time, quiet, a familiar activity, company, space or another kind of follow-up:

Keep this private and share only with people who need it to support the child. Update it with the child where possible.

This passport supports everyday communication. It does not replace health, education, communication or safeguarding plans.